

WHAT IS A WORKSHOP?

During the Covid-19 pandemic, to help you get the most help possible from our workshops and groups and to help you feel connected and part of a community (with your fellow students and our counsellors), we require all students who participate in our workshops and groups to have their video turned on. Those students who turn off their video will be removed from the virtual room.

Our workshops are free and available only to University of Manitoba students. Contact us at (204) 474-8592 for further details and to register.

MONDAY

EMPOWERMENT WORKSHOP SERIES (1:30 - 3:00PM)

This is a three session stand-alone workshop series to help students feel more empowered in day-to-day interactions and when difficult situations arise. Workshops do start on time with no late admittance.

1	Boundaries and Saying "No"	Sep 21, Oct 19	VIRTUAL
2	Assertiveness	Sep 28, Oct 26	VIRTUAL
3	Emotional Intelligence	Oct 5, Nov 2	VIRTUAL
2021			
1	Boundaries and Saying "No"	Jan 18, Feb 22	TBA
2	Assertiveness	Jan 25, Mar 1	TBA
3	Emotional Intelligence	Feb 1, Mar 8	TBA

TUESDAY

THE IMPOSTER PHENOMENON: (1:00 - 3:00PM)

Who this group is for: any student that wants to learn about the Impostor phenomenon, and strategies to change this mindset.

Topics covered: Do you feel like a fake, no matter how hard you work or how qualified you are? Do you worry that it's just a matter of time before someone figures it out? You're not alone!

Tuesdays (Virtual): (Oct 6), (Nov 3) 2020
Tuesdays Winter 2021: TBA: (Jan 26), (Mar 30)

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

TUESDAY

RELATIONSHIPS: COPING WITH THE LOSS OF A ROMANTIC RELATIONSHIP (2:30 - 5:30 PM)

Who this group is for: Anyone who has experienced the break-up of a romantic relationship.

Topics covered: Stages of a break-up and the emotions involved, grief and coping, self-care, learning from the past, identity, self-esteem, learning about letting go.

Tuesdays 2020 (Virtual): (Oct 13) (Nov 17)
Tuesdays 2021 (Virtual): (Jan 12)
Thursday Winter 2021 (TBA): (Mar 18)

LEARNING TO COPE (2:30 - 4:00 PM)

Who this group is for: This workshop series is designed for students who would like to learn strategies to cope with difficulties that are common among university students. Workshops do start on time with no late admittance. Fall Workshops will be (Virtual): Capacity 20

1. Coping with Procrastination: (Oct 13, Nov 10)
2. Coping with Low Self-Esteem: (Sep 22, Oct 20, Nov 17)
3. Coping with Sleep Difficulties: (Sep 29, Oct 27, Nov 24)
4. Coping with Perfectionism: (Oct 6, Nov 3, Dec 1)

CAPACITY BUILDING WORKSHOP (10:00- 11:30 AM)

This is a three session stand-alone workshop series to help students use their strengths to manage difficult situations, while lowering feelings of distress. Workshops do start on time with no late admittance.

Communication in Distressing Situations: Tuesday, September 29, 2020 (Virtual)

TAKING CARE: WHEN SOMEONE YOU CARE ABOUT HAS A MENTAL HEALTH ISSUE: (1:00 - 3:00PM)

Who this group is for: students who have someone they care about who has a mental health concern.

Topics covered: Learning how to balance being supportive and taking care of yourself. Join us to learn about ideas and strategies that will help you be there for your loved one and honour your own needs at the same time.

Tuesdays (Virtual): (Oct 20), (Nov 17), 2020
Tuesdays: (Jan 19), (Feb 9)
Winter 2021: TBA

TO REGISTER FOR ANY WORKSHOP CONTACT: (204) 474-8592

WEDNESDAY

MID-DAY MINDFULNESS (12:30-1:30 PM)*

Who this group is for: Students who want to explore the topic of mindfulness meditation and learn skills to practice mindful meditation.

Every Wednesday Fall 2020: (Sep 23, 30), (Oct 7, 14, 21 & 28), (Nov 4, 18 & 25), (Dec 2)

Every Wednesday Winter 2021: (Jan 13, 20 & 27), (Feb 3, 10, & 24), (Mar 3, 10, 17, 24 & 31), (Apr 7, 14, 21 & 28)

Fall Workshops will be Virtual:
Winter 2021 TBA

THURSDAY

COMMUNICATION AND CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS AND IMPROVE YOUR INTERACTIONS WITH OTHERS (10:00 AM - 12:00 NOON)

Topics covered: Stress from life and school can and often does create stress in relationships we have with others. This workshop will focus on research derived strategies for maintaining and enhancing your relationships that are practical and effective. For example, come and find out what research has shown can predict the stability and satisfaction of your relationships with over 90% accuracy.

What you'll learn: In this workshop you'll learn specific strategies and skills to communicate and address conflict in a way that may be easier for others to hear without compromising the integrity of your message.

You'll also learn about conflict styles, nonverbal communication, and gain skills to address behaviours that get in the way of connecting and communicating with others, including the four behaviours that have been empirically shown to be most damaging to communicating and building positive relationships.

Thursdays 2020 (Virtual): (Sep 10), (Oct 1), (Nov 5), (Dec 3)

Thursdays Winter 2021: TBA (Jan 14), (Feb 4), (Mar 4), (Apr 1) (May 6), (Jun 3)

Grad Steps (Virtual): Tue Oct 20 Time: 12 Noon - 2:00 PM
Grad Steps: Fri Mar 19, 2021 Time: 12:00 Noon - 2:00 PM
Winter 2021: TBA

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

THURSDAY

LUCK ISN'T EVERYTHING: (10:00 AM-11:30 AM) CREATING YOUR OWN CAREER OPPORTUNITIES

Learn how you can create unexpected opportunities for yourself by recognizing and including chance events into your career plan.

Thursday Nov 26	2020 VIRTUAL
Thursdy Mar 25	2021 TBA

IT'S OVER BUT IT'S NOT: UNDERSTANDING AND MANAGING THE ONGOING IMPACT OF TRAUMA: (2:30 - 4:30 PART I & II)

What is trauma? It can include physical assault or sexual assault, physical or sexual abuse, experiencing a crime (e.g. mugging), bullying, experiencing a natural disaster, experiencing war, traffic accidents, sudden loss of someone through violence or suicide, or experiencing a life-threatening illness. If you have experienced a traumatic event that is continuing to affect you, consider attending this workshop to:

- Learn about and understand what happens in our bodies and brain when we experience trauma,
 - This includes how your brain made the decision how to survive, not you
 - Learn quick and effective strategies to calm and ground ourselves to manage triggers and anxiety
 - This workshop is focused on learning and skill-building: increase your control over your body and reactions
- No personal sharing about your specific experience happens in this workshop.**

	WEEK 1	WEEK 2	TYPE
1	Part 1: Sep 10	Part 2: Sep 17	2020 VIRTUAL
2	Part 1: Oct 8	Part 2: Oct 15	2020 VIRTUAL
3	Part 1: Nov 19	Part 2: Nov 26	2020 VIRTUAL
4	Part 1: Jan 7	Part 2: Jan 14	2021 TBA
5	Part 1: Feb 4	Part 2: Feb 11	2021 TBA
6	Part 1: Mar 4	Part 2: Mar 11	2021 TBA
7	Part 1: Apr 1	Part 2: Apr 8	2021 TBA
8	Part 1: May 13	Part 2: May 20	2021 TBA
9	Part 1: Jun 10	Part 2: Jun 17	2021 TBA

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FRIDAY

ENNEAGRAM: UNDERSTANDING YOUR PERSONALITY AND ENHANCING YOUR LIFE (1:30 -3:30 PM)

Who this group is for: Any students who want to learn more about their personality and learn tools to cope more effectively mentally, emotionally or physically.

Topics covered: The Enneagram is one of the most ancient methods to discover ones personality type. The enneagram consists of three centres (mind, body & heart) which identify the person's major psychological orientation to the world and the way one interacts with it. Students will discover their main personality centre and learn specific techniques to improve their life.

Session 1: Part 1 (Sep 18), Part 2 (Sep 25)
Session 2: Part 1 (Nov 20), Part 2 (Nov 27)

Location: Virtual

“SCC workshops are offered by or under the supervision of professional staff at the Student Counselling Centre”

FRIDAY

“WHAT’S THE POINT?”: LET’S TALK ABOUT THE MEANING OF LIFE (10:30-12:15 PM)

This workshop is for anyone looking to find or enhance meaning in their life. In this workshop, you will be asked to reflect on your values as a foundation for finding the meaning in your day-to-day experiences. Participant interaction is welcome and encouraged (although it is not required).

Fridays: Fall (Virtual): 2020: Oct 16, Nov 20
Fridays: Winter 2021: (TBA): 2021: Jan 15, Mar 12

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

VARIOUS DAYS

STRESS MANAGEMENT (2:30 -4:00 PM) :

Who this group is for: This workshop is appropriate for any students who are interested in learning about research supported strategies for managing stress.

What you'll learn: To be alive means you will experience stress at times. This cannot be avoided. As well, there will be times, because life can present many challenges to us, when your coping resources for managing stress are exceeded and you feel you're unable to cope or manage. This is common for most people and also for university students because university studies is challenging and many things can stress students (e.g. exams, presentations, competition, finances, relationships, etc.).

The SCC is offering a stress management workshop to help you learn strategies to manage stress and learn how to get yourself in a relaxed muscle body. Enhancing your ability to manage stress will help you academically and in all areas of your life. During this workshop, you will learn about and practice a variety of strategies but you will not be asked to share information about your personal experiences.

DAY	DATE	TIME	TYPE
THU	Oct 8	2:30 -4:00 PM	VIRTUAL
FRI	Oct 16	2:30 - 4:00 PM	VIRTUAL

STRESS & DISTRESS MANAGEMENT :

Who this group is for: This workshop is appropriate for any students who are interested in learning about research supported strategies for managing stress.

DAY	DATE	TIME	TYPE
MON	Nov 16, 23, 30	9:30 AM - 11:20AM	VIRTUAL
TUE	Nov 10, 17, 24	10:00 AM - 11:50 AM	VIRTUAL
WED	Nov 18, 25, Dec 2	2:30 PM - 4:20 PM	VIRTUAL
THU	Nov 19, 26, Dec 3	10:00 AM - 11:50 AM	VIRTUAL
THU	Oct 29, Nov 5, 12 Nov 26, Dec 3, 10	2:00 PM - 3:50 PM	VIRTUAL

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GRAD STEPS PROGRAMMING

THE WELLNESS SERIES FOR GRADUATE STUDENTS EVERY THURSDAY (1:30 PM-3:30 PM)

Collaborative Workshop Series to address factors that contribute to overall health and well being: Ask the Expert! Topics covered:

1	The Resilient Practitioner:	
	Fall 2020	Winter 2021
	Oct 15 (Virtual)	Jan 28(TBA)
2	Sleep and importance to university students:	
	Oct 22 (Virtual)	Jan 14 (TBA)
3	Mindful digital communication:	
	Oct 29 (Virtual)	Jan 21 (TBA)

COMMUNICATION AND CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS AND IMPROVE YOUR INTERACTIONS WITH OTHERS (12:00 NOON -2:00 PM)

1	Tuesday Oct 20	Fall 2020 (Virtual)
2	Friday, Mar 19	Winter 2021: TBA

LUCK ISN'T EVERYTHING: (12:00 NOON - 1:30 PM) CREATING YOUR OWN CAREER OPPORTUNITIES

1	Thursday, Oct 8	Fall 2020 (Virtual)
2	Friday, Feb 5	Winter 2021: TBA

CAREER MONTH PROGRAMMING

1	LUCK ISN'T EVERYTHING: CREATING YOUR OWN CAREER OPPORTUNITIES: THURSDAY NOV 5 (2:30 - 4:30)	
2	COMMUNICATION AND CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS AND IMPROVE YOUR INTERACTIONS WITH OTHERS : THURSDAY NOV 19, 2020 (10:00 - 12 NOON)	
3	KNOW YOURSELF TO KNOW YOUR CAREER : WEDNESDAY NOV 25, (10:30 - 12 NOON)	

[HTTPS://EVENTSCALENDAR.UMANITOBA.CA/SITE/STUDENTAFFAIRS/](https://eventscalendar.umanitoba.ca/site/studentaffairs/)

STUDENT COUNSELLING CENTRE

WORKSHOPS



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